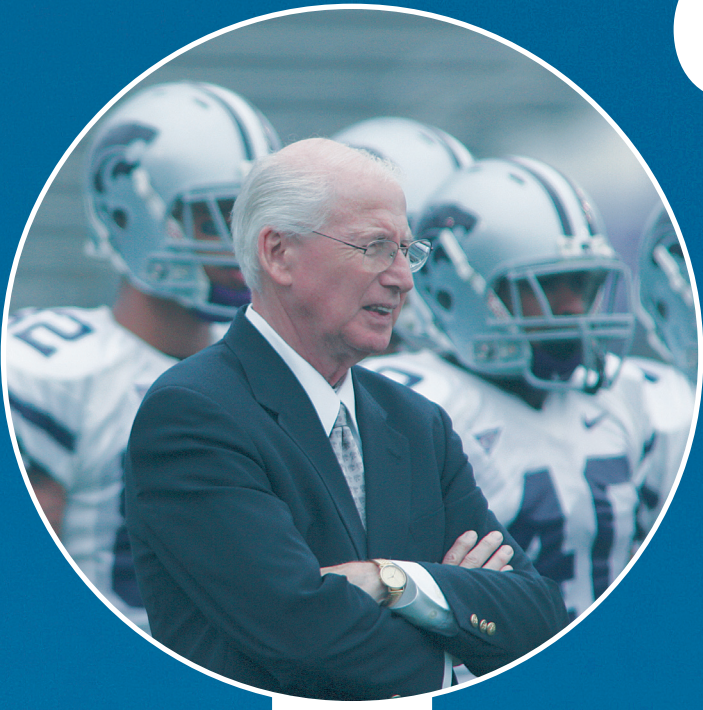


# ORIENTATION GUIDE

[www.kstatecollegian.com](http://www.kstatecollegian.com) | June 2009



## Page 3:

10 tips from upperclassmen

## Page 4:

Organizations and clubs

## Page 10:

How to avoid the freshman 15

KANSAS STATE  
COLLEGIAN



### Puzzle | Eugene Sheffer

**ACROSS**

1 Approximately

5 Valentine decoration

9 Scepter topper

12 Soothing agent

13 Piccadilly statue

14 Ultra-modernist

15 Alaska's first governor

16 Bloodline sharers

17 Craving

18 Bigfoot's cousin

19 2004 horror movie

20 Bar in a car

21 Sault-Marie link

23 Blueprint addition

25 Geronimo or Cochise

28 Sere-nader's selection

32 "A Prairie Home Companion" medium

33 Emulate

34 Tribal leader, often

36 Vocalist

37 "What's —?"

38 Ring decision

39 Pizzazz

42 Rocks

44 Piece of merchandise

48 Ostrich's cousin

49 Rodents do it

50 Rain-bow

51 Wood-man's makeup?

52 Shrek is one

53 Trawler gear

54 Deluge refuge

55 "Monop-oly" card

56 Stare

**DOWN**

1 Do what I tell you

2 Frenzy

3 Bedframe piece

4 All-knowing

5 Renter

6 Met melody

7 Bit of Hallow-ween decor

8 Curvy character

9 Cameo stone

10 Spool

11 Skeletal component

20 What 4-Down means

22 Not these

24 Corneal surgery type

25 Exist

26 Crony

27 Toss into the mix

29 Trail the pack

30 Chowd down

31 Aachen article

35 Sudden sharp pain

36 Drunk

39 Catherine — Jones

40 Eastern potentate

41 Gone to the bottom

43 Give a dam

45 Vicinity

46 Cracker or hotel name

47 Being, to Brutus

49 Pantheon member

**Solution time: 27 mins.**

A	S	H	P	A	P	A	E	N	O	S
B	I	O	E	K	E	S	R	A	G	E
U	P	S	T	A	I	R	S	R	I	L
T	U	R	N	H	A	R	I	E	M	
S	L	A	B	S	W	A	I	T		
P	A	G	E	C	O	R	S	A	I	R
U	K	E	W	O	R	M	S	M	O	A
D	E	S	P	A	I	L	I	S	M	O
C	H	I	F	F	S	E	A	R	N	
A	S	I	F	C	O	C	H	A	I	R
P	E	R	I	A	N	T	E	Z	O	
E	D	E	N	P	O	O	R	E	E	L

**Yesterday's answer** 5-9

1	2	3	4	5	6	7	8	9	10	11
12					13				14	
15					16				17	
18					19			20		
			21	22		23	24			
25	26	27				28		29	30	31
32						33				
34					35	36				
			37			38				
39	40	41		42	43			44	45	46
48				49				50		
51				52				53		
54				55				56		

**CRYPTOQUIP**

Z M U N S A B M I I A B N C M K M Z

N O D A G C K N S A Y K J A U P M U I J

J M A G N S A U A A D C G N O K

C K Z A U K O I U A F A K Y A G A U F C B A S

**Yesterday's Cryptquip: I IMAGINE A KITCHEN TOOL THAT TAKES THE SKINS OFF OF SOUR FRUITS MIGHT GET CALLED A LEMON AID.**

Today's Cryptquip Clue: A equals E

### Sudoku | websudoku.com

5			8			6	9
1		7				8	
	4	9		6	2		
				5	3		4
7		3	6				
		7	2		9	1	
	4				8		7
1	3			4			2

### DAILY BLOTTER

For the daily arrest report from the Riley County Police Department, go to [www.kstatecollegian.com](http://www.kstatecollegian.com).

### CORRECTIONS AND CLARIFICATIONS

If you see something that should be corrected or clarified, call news editor Ann Conrad at 785-532-6556 or e-mail [news@spub.ksu.edu](mailto:news@spub.ksu.edu).

### KANSAS STATE COLLEGIAN

The Collegian, a student newspaper at Kansas State University, is published by Student Publications Inc. It is published weekdays during the school year and on Wednesdays during the summer. Periodical postage is paid at Manhattan, KS.

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PENCHANT FOR LAFFS | BY NOLAN FABRICIUS AND JEFF BROWN

A Penchant For Laffs Presents:

"Alminack Antics"

A humorous interchange.

I noticed that we've had quite a large "amount" of precipitation lately!

According to the new science alminack, April "showers" bring May flowers!

Excellent! What does the alminack say about rain showers in May?

May "showers" bring a visit from the dark master, Cthulu!

Interesting! Science has always fascinated me!

In that case, you'd be interested to know that the birth of a two headed calf accompanied by the cry of a feverish child means it is a good year to "raise" geese!

Fetch me a gander!

Mark your calendar

**APRIL**

WEEKLY GOALS: 2 weeks!

Topka - 40,000  
Chicago - 55,000  
Sun Fran - 65,000  
2 prepare & + available life

Beginning in 1922, a real wildcat named Touchdown served as the team mascot during games.

**Monday 20**

KVEA - Union Station 7:30  
\*Staff Mtg 5:30-5  
\*MO report / anything new?

**Tuesday 21**

\*Call Claire  
\*AD: I sent JEF's address  
\*Do PC  
\*Plan my sched  
\*MC 241  
\*Ask Lisa what wedding MC  
\*Bourgeois

**Wednesday 22**

\*Hashtreat / red + address / add day  
\*Drive to work  
\*Ask Lisa what wedding MC  
\*ED: FER - domain 4 duration

**Thursday 23**

\*Journalism class  
\*le cumulative sent  
\*Call Larry / O'Brien  
\*Pennington

**Friday 24**

\*Journalism class  
\*email students / Pithy

**Saturday 25**

\*Journalism class  
\*email students / Pithy

**Sunday 26**

\*Journalism class  
\*email students / Pithy

**This Week**

2009

april may

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

**WILDCATS K-STATE**

KSU Theatre: "The Cherry Orchard" 7:30 pm, Nichols Theatre

Little Apple® Film Festival After Hours, 8 pm-midnight, Union Courtyard

KSU Theatre: "The Cherry Orchard" 7:30 pm, Nichols Theatre

Film, 7 & 9:30 pm

Film, 8 pm

Events subject to change. For current information, visit [www.k-state.edu/ps](http://www.k-state.edu/ps)

**IMPORTANT DATES: FALL 2009 SEMESTER**

Monday, Aug. 24  
first day of class

Monday, Sept. 7  
university holiday

Monday, Oct. 4  
student holiday

Monday, Oct. 26  
spring enrollment begins

Wednesday, Nov. 25  
student holiday  
residence halls close

Thursday, Nov. 26  
university holiday

Friday, Nov. 27  
university holiday

Sunday, Nov. 29  
residence halls open

Friday, Dec. 11  
last day of classes

Monday, Dec. 14 - Friday, Dec. 18  
term examinations

**SPRING 2010 SEMESTER**

Tuesday, Jan. 12  
residence halls open

Thursday, Jan. 14  
spring term begins

Monday, Jan. 18

university holiday

Saturday, March 13  
residence halls close

Monday, March 15 - Friday, March 19  
student holiday

Sunday, March 21  
residence halls open

Friday, May 7  
last day of classes

Monday, May 10 - Friday, May 14  
term examinations

Saturday, May 15  
residence halls close

—[www.ksu.edu](http://www.ksu.edu)

Check out Menu Mania on Mondays for great restaurant deals.

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- Talking to your parents about academic or personal issues
- Finances
- Friendships or relationships
- Health issues
- Studying for finals
- Or more?

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[www.k-state.edu/hd](http://www.k-state.edu/hd)

**K-STATE healthy DECISIONS**



STREET TALK

Tips for new students from current students



Weddle

“Go to your classes and make an effort to learn. Not only does it make you feel good about yourself, but it also makes you look good to the professor and helps them be more patient with you, which is also a perk.”

**Tim Weddle**  
SENIOR IN SPANISH AND ECONOMICS



Ryan

“Don’t get too stressed out over your major — it’s OK to be undecided.”

**Shawn Ryan**  
GRADUATE STUDENT IN COLLEGE STUDENT DEVELOPMENT



Vaxt

“Even if the class seems useless, go to it anyway. Getting in the habit of skipping classes isn’t good.”

**Laura Vaxt**  
FRESHMAN IN INTERIOR DESIGN



Gousse

“Get involved as quickly as possible. There are a lot of fun things to do, and you’ll never know if you like it until you try it.”

**Jessica Sims Gousse**  
SOPHOMORE IN BIOLOGY AND PRE-LAW



Green

“Don’t room with a friend, because it’s hard enough living with someone that if it doesn’t work out you lose not just a roommate but a friend as well.”

**Chelsie Green**  
FRESHMAN IN OPEN OPTION



Hatch

“Take time to relax.”

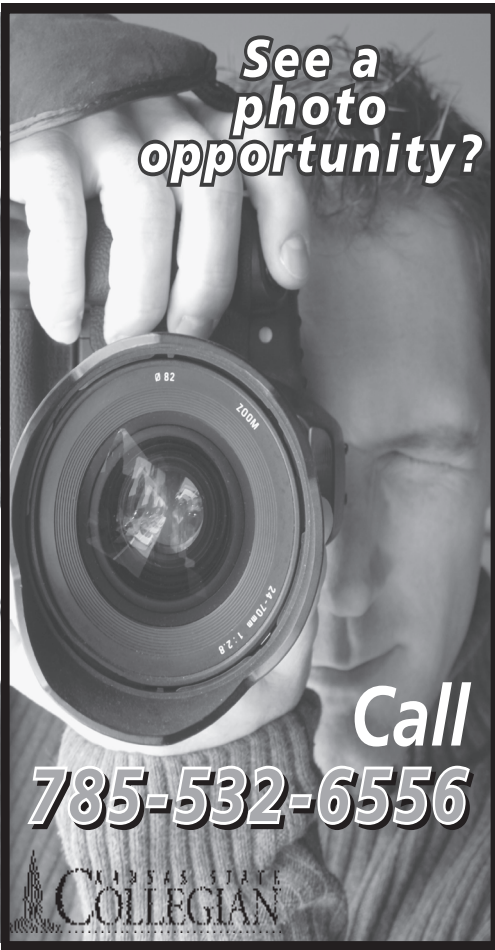
**Emily Hatch**  
JUNIOR IN FAMILY STUDIES AND HUMAN SERVICES

MAKING A MESS

**Derrik Wiggins**, freshman in open option, wipes mud from the face of **Kelsey Pritchett**, freshman in animal sciences and industry, after he and Justin Meyer, freshman in open option, dropped Pritchett in a pool of mud outside Goodnow Hall during a March 23 rainstorm.



See a photo opportunity?



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# Be in the know: Learn common K-State slang



THE OCTAGON OF DOOM

By Shelton Burch  
KANSAS STATE COLLEGIAN

**The Derby:** This term refers to the Derby Dining Center, which is the dining hall for Ford, Moore, West and Haymaker halls.

**The Plaza:** This nickname is used as the shortened form of Bosco Student Plaza. Bosco Plaza is the concrete patio area on the north side of the K-State Student Union and features a set of fountains as well as multiple shaded tables.

**The ‘Ville:** Also known as Aggieville, this is the nickname of the area southeast of campus that is the primary social spot for K-State students. It includes many bars, shops and restaurants as well as Varney’s Bookstore, where students can purchase textbooks.

**The Quad:** The Quad is the grassy area between Hale Library, Leasure Hall, Willard Hall and Waters Hall. The quad features a sundial in the center and is a popular place to study outdoors.

**The Commons:** Coffman Commons is the area between Eisenhower Hall and Hale Library. The area is now filled with grass and trees, but was once occupied by Denison Hall until it was torn down in 2004.

**The Octagon of Doom:** This nickname is used to refer to Bramlage Coliseum, where the K-State men’s and women’s basketball team plays its home games.

**The Rec:** Peters Recreation Complex is southeast of Snyder Family Stadium. Features include multiple treadmills, station-



THE REC



THE BEACH

ary bicycles and indoor tracks as well as basketball courts. Usage fees are paid by students as part of their student fees each semester.

**The Union:** The K-State Student Union serves as a focal point of student and community activity on campus. It features fast-food establishments like Panda Express, Taco Bell and Subway, as well as a convenience store, coffee shop and fine dining restaurant. The Union is also home to a bowling alley and Union Program Council.

**The Beach:** The Beach Museum of Art is home to visiting art exhibits and special events throughout the year.



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K-STATE SPORTS

Your guide to Wildcat tickets  
and purple GameDay madness

Top 6 tailgating Dos and Don'ts

1.

Do come ready to have a good time: This is what it's all about. Saturdays are what college and K-State tailgating are famous for. Relax, kick back, enjoy the food, your favorite drink, friends and football.
2.

Do come prepared: It's Kansas, folks. The weather can turn on a dime. Bring everything from flip-flops to parkas. OK, maybe not that extreme, but beware of the Kansas winds of change.
3.

Do walk it out: The Wildcat Walk on the east side of the stadium is a little-known tradition. Be there to greet your Cats as they enter the stadium three hours prior to kick-off.
4.

Don't forget why you're there: Tailgating is fun but get in the stadium at game time to pack it with purple and be loud.
5.

Don't overindulge: Don't be that guy or girl who gives K-State a bad name by partaking in too much of Grandpa's medicine and making a fool out of yourself and K-State.
6.

Don't break the law: The rules say no alcoholic beverages are allowed on the premises. Open containers (i.e. cases, bottles, cans) will get you busted. Be smart.

—Compiled by Blake Thorson



**ABOVE:** K-State head football coach Bill Snyder prepares the team for the season during the annual Spring Game in May. **RIGHT:** Students throw ripped up newspapers in celebration after beating KU in Bramlage Coliseum in January 2008.



COLLEGIAN FILE  
PHOTOS



Lisle Alderton | COLLEGIAN

Athletic department sets  
new ticket package price

By Steven Miller  
KANSAS STATE COLLEGIAN

The K-State athletics department, in cooperation with Student Governing Association, has recently come to an agreement to sell student tickets only as a packaged deal – football and basketball tickets together. This combo has been offered for several years, but the new policy will exclude buying season tickets separately.

The objective, as stated by senior associate athletics director Kurt McGuffin, is twofold: to raise revenue and to encourage attendance at men's basketball games.

The difference to football fans will be \$30. However, the difference to students who only want to buy basketball tickets - student numbers have ranged between 95 and 400 over the last five years – will be \$280.

Former student body president Lydia Peele, senior in mathematics education, said, "Students came to us in the fall concerned that Athletics was going to move student season tickets. Our students see their section as a tradition worth keeping. Across the field, these tick-

ets are going for thousands of dollars."

On Sept. 11, 2008, Student Senate voted unanimously to create a committee to review student contributions to athletics. The committee looked at privilege fees, which all students pay, and student ticket prices.

The committee came up with two options – increase privilege fees or move student tickets – but neither of these was acceptable to the senate.

"This is definitely a big change, but there was a lot of discussion," said Speaker of the Student Senate Amy Schultz, senior in biology. "The idea to move the seats seemed logical, but we're the only school in the Big 12 [Conference] that offers mid-field and mid-court tickets to students, and we felt they were worth fighting to keep."

Privilege fee funding has been widely debated and often presented to students as pennies per program. Some have said they see Peele's opposition to various privilege fee increases as grandstanding at the end of her term.

"We formed this committee six months ago, so this

TICKET PRICES

**Package 1: \$245**  
One football ticket in a reserved area of Snyder Family Stadium (Section 17) with a specific seat location designated by row and seat number and one General Admission (GA) men's basketball season ticket for Bramlage Coliseum (Sections 22-25)

**Package 2: \$245**  
One football ticket in a GA area of Snyder Family Stadium (Sections 26-28) and one GA men's basketball season ticket for Bramlage Coliseum (Sections 22-25)

**Package 3: \$330**  
One football ticket in the GA area of Snyder Family Stadium designated for ICAT members only (Sections 24-25) and one GA men's basketball season ticket for Bramlage Coliseum in designated ICAT area (Section 19-21 and top of 18)

obviously wasn't planned as a big finale to my presidency. I haven't stirred the pot anymore than I've needed to," Peele said. "We're looking at programs with more scrutiny than ever, but we've also never been looking at a 4 percent budget cut with a possible 10 percent down the road."



"The students are unbelievable. The support and atmosphere we get when they show up is unbelievable. Other coaches have told me that this is one of the hardest places to play in the Big 12."  
– Coach Martin

"During my seventeen years the student body was amazingly supportive and caring. You are indeed a substantial part of the meaning of the Snyder Family Stadium."  
– Coach Snyder

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# Manhattan highlights: Find places of interest in the city



**Public places of importance:**  
Manhattan Public Library, 629 Poyntz Ave.  
Riley County Courthouse, 110 Courthouse Plaza, corner of 5th and Humboldt streets  
Riley County Police Department, 1001 S. Seth Child Road  
Seth Childs Cinema, 2610 Farm Bureau Road, off Seth Child Road  
U.S. Post Office, 500 Leavenworth St.

**Grocery stores:**  
Aldi, 140 E. Poyntz Ave.  
Dillons, 130 Sarber Lane and 1000 Westloop Place  
Ray's Apple Market, 3011 Anderson Ave. and 222 N. 6th St.

**Retail variety stores:**  
Kmart, 401 E. Poyntz Ave.  
Target, 800 Commons Place, off Seth Child Road  
Walgreens, 325 Bluemont Ave.  
Wal-Mart, 101 E. Bluemont Ave.

**Parks:**  
Bluemont Scenic Overlook (Manhattan Hill), off Ehlers Road on Bluemont Drive  
CiCo Park, corner of Wreath and Kimball avenues  
City Park, corner of Fremont St. and 11th Ave.  
Frank Anneberg Park, on Anderson Ave. one mile west of Seth Child Road  
To learn more about the city's parks, visit [www.ci.manhattan.ks.us](http://www.ci.manhattan.ks.us).

**Recycling:**  
Howie's Recycling, Inc., 625 S. 10th St.  
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Riley County Household Hazardous Waste/Electronic Waste, 6245 Tuttle Creek Blvd.  
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Riley County Transfer Station, 1881 Henton Road  
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**Local flavor:**  
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Little Apple Brewing Company, 1110 Westloop Place  
Open since 1995; known for its certified Angus steaks and hand-crafted beers  
Vista Drive In, 1911 Tuttle Creek Blvd.  
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**Aggieville coffee shops:**  
Bluestem Bistro, 1219 Moro St.  
Radina's Coffeehouse and Roastery, 616 N. Manhattan Ave.  
Starbucks Coffee, 1219 Bluemont Ave.

—Compiled by Rebecca Bush

St. Isidore's Catholic Student Center

MASS SCHEDULE

Tuesday-Thursday 10:00 p.m.  
Friday 12:10 p.m.  
Saturday 5 p.m.  
Sunday 9:30 a.m., 11 a.m.  
Sun. 4:30 p.m., 6 p.m.  
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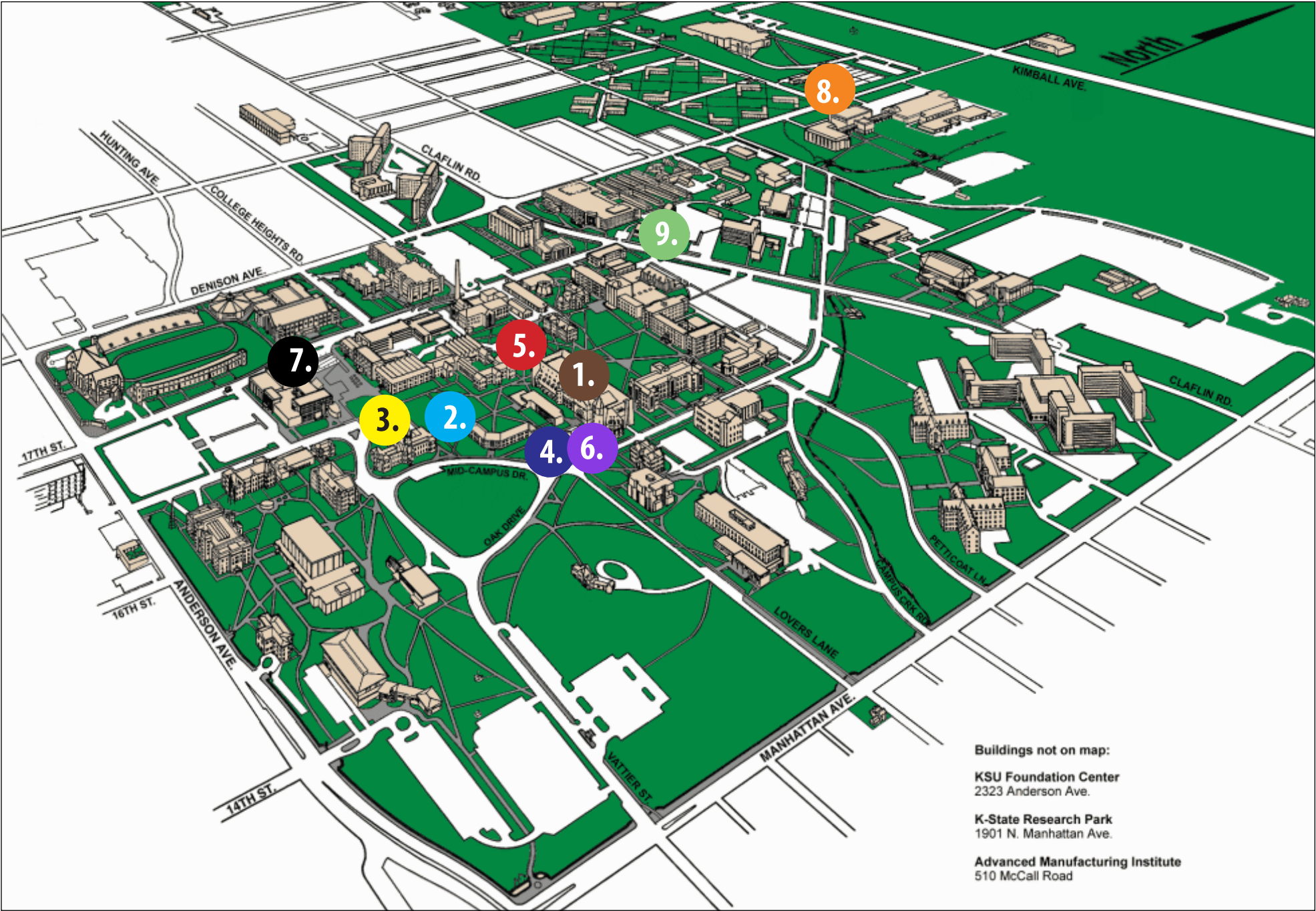
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Get the help you need

Your guide to essential services on campus



HALE LIBRARY

**1.** Hale Library offers a plethora of resources for students including a 24-hour study area, DOW Multicultural Resource Center and the Media Development Center. The MDC is located in room 213 of Hale. Students can use any of the workstations for non-commercial, academic purposes. For more information, contact 785-532-7422.

CAREER AND EMPLOYMENT SERVICES

**2.** CES offers career advising, job search training, employer connections, job listings online, and other employment resources with no registration fee. Meet the CES staff during regular business hours in Holtz Hall, stop by the DARC (Derby Academic Resources Center) after hours, or review services online anytime 24/7. For more information, call 785-532-6506.

MULTICULTURAL RESOURCES

**3.** The Office of Diversity and Dual Career Development is located in 224 Anderson. Representatives work with all sectors of the university to enhance diversity on campus. The director of Multicultural Programs is also in this office. For more information about multicultural organizations, call 785-532-6276. For a listing of multicultural student organizations, go to: [www.k-state.edu/ddcd/multicultural/](http://www.k-state.edu/ddcd/multicultural/)

ACADEMIC ASSISTANCE CENTER

**4.** The Academic Assistance Center provides free tutoring in a variety of introductory courses to K-State students. Students can sign up for tutoring sessions in 101 Holton Hall. Walk-in help is also available in several courses. For more information, call 785-532-6492.

COUNSELING SERVICES

**5.** This office provides professional counseling assistance to currently enrolled K-State students. Counselors see students with a wide range of problems from stress, homesickness, career decision-making and relationship problems, to more serious concerns such as eating disorders, trauma, or depression and anxiety disorders. Students can receive up to four sessions a year for individual therapy at no charge. After four sessions, the price is \$14 an hour for five to 10 sessions and \$24 an hour after 10 sessions.

WOMEN'S CENTER

**6.** The K-State Women's Center works to promote a safe and equitable work and learning environment for women and all people through advocacy, presentations, academic classes, training, and referral. For

more information, visit 206 Holton Hall or visit 785-532-6444.

STUDENT ATTORNEY

**7.** K-State's Legal Services Attorney Sarah Barr has an office on the ground floor of the K-State Student Union. You can contact her at 785-532-6541.

CAMPUS POLICE

**8.** 108 Edwards Hall  
785-532-6412

CAMPUS POST OFFICE

**9.** Central Mail Services is responsible for providing year-round mail service for all departments at K-State, as well as students, faculty and staff.  
113 Dykstra Hall, 785-532-6306

—Compiled by Sheila Ellis

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WILDCAT TIDBITS

Facts about K-State’s campus, athletics every student should know

By Tim Schrag  
KANSAS STATE COLLEGIAN

K-State has developed a multitude of traditions since its founding in 1863. Here are just some of the fun historic tidbits about the university.

**THE POWERCAT**  
The Powercat is the official logo for K-State athletics. Illustrator Tom Bookwalter created the emblem in 1989 for head football coach Bill Snyder, who wanted a new logo for his team.

**WILLIE THE WILDCAT**  
Willie the Wildcat is K-State’s official mascot. He has been spotted on the sidelines of K-State sporting events since 1947 and has undergone several makeovers since his first appearance. However, Willie’s identity remains a secret to this day. The cartoon version of Willie the Wildcat appeared at the beginning of the 1960s, with comical, fierce and pumped-up incarnations appearing since then.



Prior to Willie, a black Labrador named Boscoe could be found at K-State events from 1906 to 1909, and as early as 1922, a real wildcat named Touchdown represented K-State at games.

**ANDERSON HALL**  
Anderson Hall is home to the offices of the president, provost and dean of students, along with central administration figures. It was named after John A. Anderson, K-State’s second president, in 1902. In addition to administrative offices, Anderson Hall has housed a chapel, library, student lounge, var-

ious academic units and post office.

**CALL HALL PURPLE PRIDE ICE CREAM**  
Purple Pride blueberry ice cream came about in the late 1960s when K-State professor Harold Roberts wanted to spark interest in football and promote school pride. Only the dairy manager of Call Hall knows the official recipe. Call Hall sells on average 6,400 half gallons of ice cream in a nine-month period.

**PURPLE POWER PLAY ON POYNTZ**  
The city of Manhattan closes off the downtown area for a carnival event on the Thursday and Friday nights before the first home football game. Purple Power Play includes a firework display and pep rally with Wildcat athletes and coaches to boost K-State pride.

**WARD HALL**  
Ward is home to K-State’s nuclear research reactor. K-State is one of only 25 universities to have a nuclear reactor on campus.

**NICHOLS HALL**  
Nichols was once a gymnasium and home of K-State basketball and music departments. It caught on fire in 1968, and was rebuilt to house the drama, dance and computer science departments.

**THE WABASH CANNONBALL**  
The Wabash Cannonball was the only piece of band music to survive the Nichols Hall fire. Today, this song is a K-State tradition and is commonly played at sporting events. It inspires K-Staters to gyrate back and forth whenever it’s played.

**OPEN HOUSE**  
K-State’s biggest event, which takes place in April every year, traces its origins to several college events with 50 years of tradition like Home Economics Hospitality Day, Engineers’ Open House and Ag Day. Former U.S. Sen. Bob Dole spoke at the first all-university Open House in 1969.



COLLEGIAN FILE PHOTO  
Fans rush the field in Snyder Family Stadium after the Wildcats beat the No. 4 Texas Longhorns at home with a score of 45-42 in November 2006.

**TOINTON FAMILY STADIUM**  
This 2,500-seat stadium is the home of Wildcat baseball. It was dedicated in spring 2002.

**BRAMLAGE COLISEUM**  
Named after the late Fred Bramlage, a Junction City businessman, Bramlage Coliseum is home to K-State men’s and women’s basketball. Fred Bramlage was a major contributor to the construction of the 13,500-seat coliseum, which opened in 1988. Bramlage also is home to Landon Lectures and concerts that are expected to draw large crowds.

**SNYDER FAMILY STADIUM**  
Named KSU Stadium until 2005, Snyder Family Stadium is dedicated to head football coach Bill Snyder. The stadium seats 52,200 fans.

**ROYAL PURPLE, THE SCHOOL COLOR**  
Representatives from each class chose K-State’s official color in 1896; however, the faculty did not approve it until 1921. Contrary to popular belief, royal purple is K-State’s only official color, though it is commonly paired with black, white and silver.

**WILDCAT VICTORY**  
Harry E. Erickson, a K-State student, wrote the fight song “Wildcat Victory” in 1927.

**AGGIEVILLE**  
The Aggieville business district is located along Moro and Laramie streets in Manhattan, catty-corner from K-State. Aggieville is home to many shopping and dining hot spots, including Varney’s Bookstore. The district started as a single laundry shop in 1889.



Nathaniel LaRue | COLLEGIAN  
Aggieville is a historic business district located near the K-State campus that remains popular with students because of its specialty boutiques, restaurants, coffee shops and bars.

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# ‘Freshman 15’ can be avoided with exercise, healthy eating



SARAH HURD

When coming to college, many people fear significant weight gain. Nearly everyone has heard of the infamous “freshman 15.” The good news is that by maintaining a healthy and balanced lifestyle, people can indulge in a few late-night snacks while also keeping in shape and staying at a healthy weight.

The best way to avoid significant weight gain is to maintain an active lifestyle and eat a balanced diet. The word “diet” comes with a bad connotation, though. Don’t limit your consumption of certain foods or eat so little you starve

yourself.

My advice is this: Eat when you are hungry; stop when you are full. Don’t obsess over it. Putting too much emphasis on your eating habits keeps them foremost in your mind, which causes you to over-think and often to over-eat.

People who participate in fad diets or who lose weight too quickly often gain the weight back – and then some. If you feel your diet needs a bit of a makeover, consider occasionally substituting fruits and vegetables for chips and cookies or cutting back on portion sizes of your favorite foods to control the amount of calories you consume. Slowly create healthy habits you can maintain for a lifetime.

Eating in the on-campus dining centers can be a bit overwhelming. With such an array of food available at every meal, it’s sometimes hard not to overeat. The good news is most of the foods you see there are present nearly every day of

the week. Don’t just eat something because it’s there. Chances are it will show up again at your next meal.

The dining centers also have something great going for them: They have an all-you-can-eat salad bar and fresh fruit is always available. After moving off campus, I quickly learned that eating fruits and veggies gets quite expensive! Enjoy those foods at a low cost while you can. Maintaining a healthy intake of fresh produce is a great habit to form early in your college career.

To stay fit and trim as well as to receive numerous other health benefits like an improved immune system, a more positive mood and the reduction of blood pressure, make sure to exercise, the American College of Sport Medicine recommends that every healthy adult exercise at moderate intensity for 30 minutes a day, five days a week or at vigorous intensity 20 minutes a day, three days a week.

Peters Recreation Com-

At the K-State dining centers, residents have several possible meal combinations. The following food selections can be picked up on the Classics serving line.

- Three chicken tenders - 705 calories
- Macaroni and cheese - 450 calories
- Potatoes - 97 calories
- Fettuccine - 152 calories
- Two pieces of cake - 642 calories
- Ice cream with toppings - 500 calories
- Four 9-ounce containers of Mountain Dew - 440 calories
- Total - 2,986 calories

—Compiled by Lisle Alderton

plex has an array of services available to students, including group fitness classes, intramurals and personal training. Riding a bike or walking to classes is also a great way to get in your 30 minutes a day. It becomes a consistent part of your schedule, and it cuts down on the amount of money and time you spend on campus parking.

Keeping healthy and fit

in college might seem like a daunting task, but it is attainable for everyone. By seeking balance in your day-to-day life, you can feel great about yourself and the lifelong habits of health you have formed.

Sarah Hurd is a senior in kinesiology. Please send comments to [edge@spub.ksu.edu](mailto:edge@spub.ksu.edu).





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K-State freshmen or transfer students

**WHAT:**  
Declare a major

**WHEN:**  
Before you earn 60 college credit hours

**WHERE:**  
If you are changing your major within the same college, go to the office of your college to fill out paperwork. If you are changing to a major in a different college, start at the office of your current college.

**WHY:**  
So you can continue your education at K-State successfully

**HOW:**  
If you are changing your major within the same college, you're done after filling out paperwork in that office. If you are changing your major in a different college, you'll need to go to the registrar's office in Anderson 118 to get a transcript (free for current K-State students) before filling out the final paperwork in the office of your future college.

—K-State Academic and Career Information Center

For additional help  
selecting a major, attend the  
**Academic Majors Fair.**  
11 a.m.-3 p.m.  
Oct. 14  
Grand Ballroom, second floor of the K-State  
Student Union  
[www.k-state.edu.acic/majorsfair](http://www.k-state.edu.acic/majorsfair)

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<b>College of Engineering</b> General engineering Architectural engineering Biological systems engineering Chemical engineering Civil engineering Computing and information sciences Construction science and management Electrical engineering/ computer engineering Industrial and manufacturing systems engineering Mechanical and nuclear engineering	<b>College of Human Ecology</b> Apparel and textiles Athletic training Communication sciences and disorders Dietetics Early childhood education Family studies and human services Hotel and restaurant management Human ecology Interior design Nutrition and kinesiology dual degrees Nutritional sciences Public health nutrition
<b>College of Business Administration</b> Accounting Business administration Finance	<b>College of Architecture, Planning, and Design</b> Architecture, planning and design
	<b>College of Veterinary Medicine</b> Veterinary medicine

—Compiled by Jacque Haag



Matt Binter | COLLEGIAN  
Annie Pieper, freshman in graphic design, draws outside  
Blumont Hall on Feb. 11 for her Drawing 2 class.

## New students can declare ‘open option’ while seeking right degree programs

Because there are more than 250 courses of study to choose from at K-State, selecting a major can be a daunting task.

Instead of selecting a major right away, students can declare “open option” while they figure out which program is best for them. At K-State, students can be in the open option program for their first two years – or before they earn 60 college credit hours.

Open option isn't just a pausing point. According to the open option Web site, the program is for helping students find the best course of study and the best way to get there.

“At one time, [the program] was known as ‘undeclared,’ but this was changed to reflect the active decision-making process that considering directional possibilities requires,” according to the site.

According to the Web site, because 60 percent of students change majors more than twice at K-State, the open option program is designed to help students decide what's best for them in an “academically safer, more flexible” way.

For additional information:  
Visit the Open Option Web site at  
<http://www.k-state.edu/artsci/open>

Having a hard time choosing a major that best suits you?  
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# Student body president, VP welcome students

As student body president and vice president, we want to welcome you to the K-State family. Your next three to four years (or more) can be filled with unforgettable memories, amazing academic and career opportunities, and close friendships.

You made a great choice to come here to K-State. We are a university that is big enough to offer thousands of opportunities and yet small enough to help you find your perfect place. Be sure that while you're here, you take advantage of as many opportunities as you can. It is up to you to take the first step and get involved to make that happen.

One of the first opportunities you have to get involved is to apply to be a student senate intern. This program gives you a front row seat to the K-State Student Governing Association and allows you to have a vote in one of the seven standing committees. These cover all aspects of campus ranging from allocating millions of student privilege fee dollars to working with local and state government officials.

K-State has more than 450 student organizations, so whether you find yourself in SGA or somewhere else, there is a home for you here on our campus. We encourage you to attend the Student Activities Carnival this fall to check some of the great opportunities available.

SGA is truly the representative voice of the student body to the K-State administration, local officials and many others, and we are proud to bring you into our family. Our doors are always open, so feel free to contact us if you have any questions or concerns. You can find more information about SGA at [www.ksu.edu/sga](http://www.ksu.edu/sga).

We can't wait to see you back on campus in the fall. Go State!

**Dalton Henry**  
Student Body President  
[dhenry@ksu.edu](mailto:dhenry@ksu.edu)

**Wayne Stoskopf**  
Student Body Vice President  
[waynes@ksu.edu](mailto:waynes@ksu.edu)



Henry



**Jeni Kemnitz**, high school student in open option, and **Haley Splan**, sophomore in interior design, talk outside on the grass of the Quad in May. "It's nice and peaceful out here" Kemnitz said.

Lisle Alderton | COLLEGIAN

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